





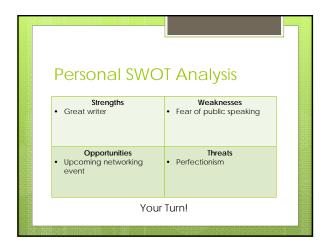






## Identify External Causes • Focusing too much on others' unrealistic expectations or standards • Comparing yourself to others • Friends' attitudes • Parents' attitudes • Societal pressures

## Identify Internal Insecurities/Weaknesses • What are the things that keep you from feeling confident in your abilities? • Lack of preparation? • What tasks do you usually avoid because you don't feel confident doing them? • Are you confident in your education and skills training? If not, where are you weakest? • What are your negative work habits (late, disorganized, do you have a short temper, poor at handling stress)? • Do you have personality traits that hold you back? For example, a fear of public speaking.





Strategies for Building
Confidence

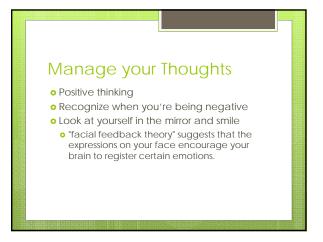
• Take Risks

• Approach new experiences as opportunities to learn rather than win or lose situations

• when you take action you build confidence in your ability to handle different situations

• Set small goals and achieve them

• Set goals that highlight your strengths, minimize your weaknesses, realize your opportunities, and control the threats you face





## Positive Affirmations • "I love and respect myself at all times." • "There are no failures. I learn from everything I do." • "It is enough to do my best" • "My thoughts and opinions are valuable" • "My mistakes do not define who I am"

## Everyday Confidence Dress to Impress Our confidence level often reflects our appearance Maintain good posture Sit in the front row Look others in the eye when talking to them and SPEAK UP! Compliment others By looking for the best in others, you'll bring out the best in yourself Focus on contribution

